SIDNEY SNOW will be gad to answer any questions on food

THREE MEALS A DAY

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Edited by WILMA DEUTE

Food, of course, must be well seasoned to be worthy of its piquancy

Menu Of The Week

MONDAY Breakfast—Sliced bananas with ready to eat cereal, Scrambled eggs, broiled bacon, coffee cake, coffee or cocoa. Lunch—Boston baked beans, sliced tomatoes, hot brown bread, cup custard, tea or milk. Dinner—Chicken fried steak, shoe string potatoes, string beans, green salad, deep dish apple pie, coffee or beer.

TUESDAY Breakfast—Fresh pineapple, hot cereal, griddle cakes with maple syrup or jam, frizzled ham, coffee or cocoa. Lunch—Cream of tomato soup, combination sandwiches, mixed pickles, cup cakes with orange sauce, tea or milk. Dinner—Boiled corned beef, cabbage,, new potatoes, carrots, onions, shredded lettuce with lemon dressing, chocolate fudge nut layer cake, coffee.

WEDNESDAY Breakfast—Apple sauce, fried mush with syrup or jam, baked eggs, buttered toast, coffee or cocoa. Lunch—Cheese souffle, asparagus tip salad, tapioca pudding, tea or milk. Dinner—Lamb curry, steamed rice, smothered carrots, tomato and cucumber salad, cottage cheese with minced onion and caraway seeds, hot rolls, lemon meringue pie, coffee or beer.

THURSDAY Breakfast—Stewed rhubarb, ready to eat cereal jelly omelet, little sausages, toasted muffins, marmalade, coffee or cocoa. Lunch—Corned beef hash, tomato sauce, dressed lettuce, hash browned potatoes, cake, tea or milk. Dinner—Grilled lamb chops, baked potatoes, creamed spinach, mixed salad with olive oil and lemon juice, hot biscuits, pineapple whip, coffee.

FRIDAY Breakfast—Fresh pineapple, hot cereal, cod fish cakes, toasted biscuits, jelly or jam, coffee or cocoa. Lunch—Vegetable soup, creamed salmon in patty shells, buttered peas, fruit gelatine, tea or milk. Dinner—Clam juice cocktail, lobster Newburg, French fried potatoes, pickled beets, cole slaw, apple strudel, coffee.

SATURDAY Breakfast—Stewed apricots, ready to eat cereal eggs benedict, English muffins with marmalade, coffee or cocoa. Lunch—Macaroni and cheese en casserole, broiled tomatoes, lemon water ice, cookies, tea or milk. Dinner—Fried chicken, corn fritters, buttered pea, apple-nut-celery salad, hot rolls, butterscotch pie, coffee.

SUNDAY Breakfast—Grapefruit, eggs creole, grilled kidneys, waffles or griddle cakes, syrup or jam, coffee or cocoa. Dinner Fruit cup, rib roast of beef, oven browned potatoes, buttered beets, pickles-olives-celery, hearts of lettuce, thousand Island dressing, soufle glace, assorted cakes, coffee. Supper—Chile con carne con frijoles, sliced tomatoes, toasted crackers, jelly tarts, tea or coffee.

Sidxey Snow will be pleased to supply any of these recipes. Just write care of this paper.



TAPIOCA PEPPERMINT CREAM

Rated high as a luncheon dessert, and first choice of many, many women, one will find tpaioca pudding and all its varieties, such as this one:

PEPPERMINT TAPIOCA CREAM

1-3 cup tapioca
¼ teaspoon salt
2-3 cup crushed peppermint candy
1 egg yolk
4 cups milk
1 egg white, stiffly beaten.

(Combine tapioca, salt, candy, egg yolk, and milk in the top of a double boiler and stir enough to break egg yolk. Place over rapidly boiling water, bring to scalding point (allow 5 to 7 minutes), and cook five minutes, stirring frequently. Remove from boiling water. Fold a small amount into egg white; add to remaining tapioca mixture and blend. Chill—this mixture thickens as it cools. Serve in sherbert glasses with chocolate sauce. Serves Eight.

CHOCOLATE SAUCE

1 square unsweetened chocolate, cut in pieces
3 tablespoons water
4 tablespoons sugar
Dash of salt
1½ tablespoons melted butter
Few drops vanilla

Combine chocolate, water, sugar, and salt in double boiler. Heat and blend. Add butter and vanilla. Beat wll. Makes 2-3 cup sauce.

Lilly White's Whole Meal Salad



Dear Miss Wilma:

Gib de men folks a plate of dis heah whole meal salad an' some sandwiches ob plain bread an' butter an' turn em loose at it.

A whole meal salad is eezy an' good. All yo' has to do is cut up a cabbage like fre cole slaw. Put in 1 cup mayonnaise, 1 cup chopped cold boiled tongue, a cup chopped cold boiled ham, 1 green pepper, 1 little chopped onion an' de beaten up whites ob 2 aigs. Put in a little salt an' a little peppe rto taste. Maybe a little sugar, ef you likes. Mix it all up good and put on big plates on top ob lettuce leaves. Stick a little dab er mayonnaise on top. Fer lunch er supper dis will get yo' 3 cheers. Hopin yo' is de same, your humble servant.

LILLY WHITE.

Egg Plant Needs Kid Glove Handling

Woe to you who mistreat an egg plant. This sly one will "do you dirt" the minute your back is turned if you don't watch out. He'll sit back and laugh at you when you're fussing with him during the operation and when it is over he'll lie on the table and look so woe begone that no one will have the heart to touch him. However, if he's handled with kid gloves (as the saying goes) he'll prove the best patient imaginable. For instance: Peel an egg plant, slice, and soak in salted water, drain, wipe dry, dredge with a little black pepper, roll in flour, and cook in 2 tablespoons of butter and a tablespoon of olive oil over a moderate flame. When amber colored on both sides remove from the pan and arrange in a buttered casserole. Scald and skin 4 firm tomatoes, cut into pieces, and, while draining over a strainer, remove the seeds. Melt 2 tablespoons of butter over a good fire, add a tablespoon of olive oil, and when hot, turn in the tomatoes. Shaking pan, cook a few minutes. Remove from fire, gently stir in 1 tablespoon of grated cheese, sprinkle with 2-3 teaspoon of salt, a dash of paprkia and a little black pepper, and spread the tomatoes over the egg plant. Sprinkle more grated cheese and buttered crumbs over top and bake until slightly amber-colored. Several alternate layers of egg plant and tomatoes may be arranged, but finish with a layer of tomatoes.

Grapefruit Ring

2½ tablsepoons gelatin
½ cup cold water
1½ cups sugar
1½ cups grapefruit juice
½ cup orange juice
¼ cup lemon juice
1 cup hot water

Soak gelatin in ½ cup cold water 5 minutes. Boil sugar and hot water 3 minutes or until clear. Pour over the soaked gelatin and stir until dissolved. Let cool and then add grapefruit, orange nad lemon juice, a pinch of salt and pour into ring mold. Set aside in refrigerator to harden.

The normal adult should consume about five pnits of liquid daily. Two thirds of this should be taken as a beverage, the remaining third to be taken in the food.

GADDING ABOUT

Grand Old Southern Home Serves Grand Southern Dinners

Wandering about the country, seeing this and that, and eating here and there is just heaps of fun if one goes about it in the right way. Now one perfect way to ruin an otherwise good time is to run on time. My my, that should never be unless one is terribly pressed for time and has a certain set number of places to eat and things to see. A group of us decided to be patriotic and spend Washington's Birthday at Mount Vernon. And as none of us happen to be from that part of the country everything was new and most thrilling. Riding along in high style just below Alexandria, Va., we passed a fine looking Southern Colonial home that had that certain "come on" look one finds in certain places. Well this place was nice enough to be a tea house called Collingwood Tea House so in we went, hungry as bears with our minds all set on a good fried chicken dinner with all the trimmings. Such a dinner, and what trim mings! ! The candied yams were the type that have seen their duty and "done-it", absolutely the last word (whatever it might be). But again, novelty caught and held the eye. The novelty of this meal appeared in the form of a salad, so simple that it's remarkable that it isn't a common salad. It consisted merely of a half a preserved peach filled with peanut butter, sitting jauntilly on a fine crisp lettuce leaf. With it was served home made mayonnaise.

A good dinner being the making or ruination of a day, a good time was had by all—Thanks to Collingwood Tea House.

Old Fashioned Oatmeal Cookies

¾ cup butter
1 cup granulated sugar
2 eggs
2 cups pastry flour
¼ teaspoon salt
1 teaspoon cinnamon
½ teaspoon soda
⅛ cup milk
1 teaspoon vanilla
1 cup raisins, chopped
2 cups rolled oats

Cream the butter and add the sugar slowly. Beat the eggs and add. Sift the dry ingredients and add alternately with the milk and vanilla extract. Add the raisins and rolled oats and drop by teaspoonfuls on a slightly greased cookie sheet. Bake in a moderate oven 350 F. for about 20 minutes.

Frozen Mint Ice For Roast Lamb

5 sprays of fresh mint
½ cup lemon juice
½ cup confectioners' sugar
4 cups cold water.
¼ teaspoon peppermint extract
Green vegetable coloring

Wash and pick mint from stems and soak in lemon juice for ½ hour, strain. Dissolve ½ cup sugar in 4 cups water and add to the strained lemon and mint juice. Just before freezing add the green vegetable coloring and mint extract. Freeze as a water ice.

Rhubarb Sauce

Wash the rhubarb and cut into 1-inch pieces; cover with two cups of sugar to one quart of rhubarb. Stand saide for one hour. Use just enough water to moisten the sugar. Cook until rhubarb is tender. Serve cold. This is a delicious dish served with whipped cream.

Macaroon crumbs can be used to sprinkle over a cake frosting or used for a pudding.

Hot Off The Griddle

ESTHER DONLAN

Wash a few sprigs of parsley, shake off the moisture, and wipe drry between towels. Dip in hot, deep fat and fry a few seconds or until crisp. Drain. Dredge over a few grains of fine salt and use as a garnish for meat dishes.

Sweet omelets are fine if sprinkled with powedred sugar.

Rice absorbs about two times its bulk of water. Orientals add two cup of cold water to 1 cup of washed rice and cook the rice, closely covered about ½ hour, or until the liquid is thoroughly absorbed.

Many of the best entrees are made of odds and ends.

Articles to be broiled should be carefully trimmed and wiped with a clean cloth.

Buttermilk Muffins

1 quart buttermilk
2 eggs
1 tablespoon sugar
4 cups sifted flour
2 tablespoons corn meal
1 teaspoon salt
1 teaspoon soda

Cream sugar and eggs, add milk and finally the flour, corn meal, salt and soda, which has been sifted three times. Beat hard one minute and bake in a hot oven 400 F. for 20 minutes in greased muffin tins.

The same should never be served twice in the same meal.

SUNDAY DINNER Suggestions

By ANN PAGE

EGGS and fish are both economical foods to use this week as supplies are large and prices reasonable. Most meats and poultry are higher, though veal is both good quality and value, particularly forequarter cuts. Butter is higher.

Lower prices are anticipated on asparagus, beans and peas which recently have been too high for most people to use. Broccoli and cauliflower are already more reasonable while beets, carrots, cabbage, onions, spinach and turnips continue to be the standbys of the average budget. Old potatoes are attractively priced.

Grapefruit continue to be cheap, more liberal supplies of strawberries are expected while apples, bananas and oranges are still the backbone of the winter fruit diet.

Here are three dinner menus built around foods to be found in most markets at reasonable cost.

Low Cost Dinner

Veal Pot Pie with Vegetables
Carrot Sticks Green Onions
Bread and Butter
Raspberry Gelatin Soft Custard
Tea or Coffee Milk

Medium Cost Dinner

Brown Chicken Fricassee
Mashed Potatoes
Buttered Spinach
Bread and Butter
Floating Island
Tea or Coffee Milk

Very Special Dinner

Grapefruit
Celery Scallions Radishes
Roast Fresh Ham Glazed Apples
Browned Potatoes Broccoli
Rolls and Butter
Omelet Souffle Strawberry Sauce
Coffee

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